

**THE VERY FIRST NEED OF  
EVERY MUSLIM MAN AND WOMAN**

# **AUTHENTIC**

**Ma'moolat for Morning  
and Evening  
(Along with Manzil)**

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## Introduction

A fortunate person is he who begins the day and ends it with the remembrance of Allaah Ta`ala. By taking the name of Allaah Ta`ala at the beginning of the day, one is asking for His assistance, so that one's entire day may pass with peace and tranquillity. Then, by taking the name of Allaah Ta`ala in the evening, one is reflecting upon the entire day and giving thanks (Shukr) for all the blessings and one is also seeking Allaah Ta`ala's protection from the evil of the darkness of the night. It is reported in the Hadith that Kiraaman Kaatibeen (the two angels deputed at one's side to record the good and evil deeds) also change their shifts in the morning and in the evening. How nice will it be if each of these two times of a person is passed in the remembrance of Allaah Ta`ala, so that the person's book of deeds for the day opens with the Zikr of Allaah Ta`ala and it ends with the Zikr of Allaah Ta`ala. Rasulullaah (sallAllahu alaihi wasallam) has guided every human being by his blessed words and his actions, that they refresh their affinity with Allaah Ta`ala every morning and evening with the Zikr of Allaah Ta`ala. Every morning and evening a Muslim remembers Allaah Ta`ala thereby making Shukr unto Him for all the blessings that He had bestowed and



also asking Him for more.

There is a narration in Tirmidhi Shareef of Hadhrat Ibn Umar (radhiAllaahu anhumaa), wherein he reports that Rasulullaah (sallAllahu alaihi wasallam) said: "That person for whom the doors of du`aa are opened, the doors of mercy are already opened. The most beloved thing to Allaah Ta`ala is that His servant makes du`aa for Aafiyat (safety / peace)."

Rasulullaah (sallAllahu alaihi wasallam) also said: "Du`aa benefits one against the misfortune and calamity that has already befallen one (i.e. as a means of consolation - it saves one from further grief and misfortune), it also saves one from that misfortune which was about to befall one (i.e. it becomes a shield against forthcoming misfortunes). O Servants of Allaah! Value du`aa!" [Tirmidhi, vol.2, page 195]

Since we are now living in an age of misfortune and calamity, keep in mind the du`aas and ma`molaats (practices) of morning and evening as exemplified to us by Rasulullaah (sallAllahu alaihi wasallam).

These du`aas will save a person, his wealth, house and family from the evils of shaitaan and man. They are also a Ta`weez and a protection from every type of difficulty and



calamity. Nabi (sallAllahu alaihi wasallam) did not leave out any necessity of man, except that he will find a solution for it in a du`aa. So if we recite the morning du`aas, we will be saved for the entire day and it is also a means for our attaining peace and tranquillity. And if we recite the evening du`aas then we will be under the protection of Allah Ta`ala for the entire night, until the morning. These du`aas are also an excellent means for our being protected against black magic, evil spirits, nadhar (evil eye), fear in the heart, evil of an enemy, etc.

Every man and woman must make it their daily habit and practice to recite all the du`aas contained herein, after Fajr and Asr Salaats or at any other time during the morning and evening. If possible, one should also daily recite the last ten du`aas mentioned herein. These du`aas for protection are reported in the Ahaadith and by the pious predecessors.

Since it is necessary that one fully concentrates when making du`aa, recite the du`aas with taking note of their translations. In this way one will be fully aware of what one is asking for or seeking protection against. That boy or girl who is about to get married, should make reciting these du`aas a daily habit, since it will, Insha-Allaah, save them from



impending disasters, the evil effects of jealous persons, evil eyes, etc.

The greatest benefit that one will obtain by reciting these du`aas is that one's connection with Allaah Ta`ala will be strengthened. One will attain the pleasure of Allaah Ta`ala. We are making a most humble plea that those du`aas which emanated from the lips of Rasulullaah (sallAllahu alaihi wasallam) -[wherein there is a request for all the good in this world and the Aakhirah and also seeking of protection from evils]- be made part of one's daily routine and habit. To have love for Rasulullaah (sallAllahu alaihi wasallam) is a condition of Imaan, and a necessary requirement for displaying this love is that when one is making Zikr, du`aa, Salaat and Salaam etc, then it must be done in the mubarak way demonstrated by and in the words of Rasulullaah (sallAllahu alaihi wasallam). All the du`aas contained herein are drawn from the Qur`aan Shareef or the Ahaadith, hence one does not have to look any further. We should all appreciate and value the du`aas that have been extracted from the life of Rasulullaah (sallAllahu alaihi wasallam), which he had recited in the morning and evening. Every male should make it his habit to recite these du`aas before leaving for his office and every woman should also make it her habit to recite the same before she begins her



housework. Sometimes after reciting these du`aas and the manzil, one should blow onto the palms and pass it over one's body. In this same way one will blow upon children and the sick. Sometimes one may blow into a glass of water and drink it up or one may give to someone who had a need for it. Similarly one should also make it a habit to daily recite Aayatul Kursi and the three 'Quls' after every Fardh Salaat. One should daily recite the three 'Quls' after the Fajr and Maghrib Salaats, Insha-Allaah Ta`ala this will save one from many evils.

Our Ustaad Hadhrat Mufti Wali Hassan Sahib (rahmatullahi alaih) used to mention a very astonishing thing. The two Surahs that appear at the end of the Qur'aan Shareef have been placed there for a specific 'interesting' reason, that these two Surahs will be of great necessity to the people that will appear close to Qiyaamah, because that will be a time of great fitnah and trials - therefore, we especially (since we are extremely close to Qiyaamah) should make it a daily habit to recite these two Surahs frequently. Another humble appeal and request is that whenever you recite these du`aas kindly do remember the Ustaads and students of this Madrasah. Make du`aa that Allaah Ta`ala may accept us all for His service until our last breath and that He may enliven the effort of



propagation throughout the world, far and wide. We request your valuable du`aas.

Muhammad Hanif Abdul Majeed Zam Zam

(May Allaah Ta`ala forgive him)

Madrassah Baitul Ilm, Karachi

### **FURTHER ADVICE:**

1. Make every du`aa with firm conviction and faith that it will certainly be accepted. Recite every word (daily recital) with this conviction that its desired effect will come to the fore.
2. Make a concerted effort to learn and keep in mind the meanings of all the du`aas, when reciting them. Try to memorise the Arabic words and the English meanings of the du`aas, so that you may recite them without looking into the kitaab.
3. Another necessity for protection of wealth is that one should regularly give sadaqah and whatever zakaat is due. In this way Allaah Ta`ala will protect one's wealth. One should also make sure that one's earnings are Halaal. When you hear the Azaan proceed directly to perform Salaat. Do not earn Haraam wealth, because if it is mixed with the Halaal wealth, it spoils it. Do not cheat in business, because later on, this ill-gotten wealth is lost and



because of the dissatisfaction of the buyer, you will lose out the Barkat. In short, to save oneself from calamities, it is also necessary to not harm or inconvenience others, or usurp their rights. In the same way, if one usurps the rights of one's sisters and little brothers after the demise of one's father, by not giving them their rightful shares, one will experience set-backs and losses in one's wealth, and the doors of misfortune will open up.

4. Together with daily reciting these du'aas, the womenfolk must make it their habit to observe the Shara'i Hijaab. A woman must not come in front of any strange man, including cousins etc., without being fully clad (in Shara'i Hijaab). She must perform five daily Salaat. The men must make an effort to perform the five daily Salaat with Jamaat. When they hear the Azaan they must stop their businesses and proceed to the masjid. The same applies to women that when they hear "Hayya Alas Salaat", they must stop their kitchen work and quietly perform their Salaat.
5. With the practice of these duas, also keep the books like Munajaate Maqbool, Zariatul Wusool, Seventy Istighfar, Mustanad Majmooa Wazaaif. Read a section from each daily or at least sometimes especially on friday.



DU`AA # 1

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ.

"I seek protection in the complete Words of Allaah from all the evil that He has created." [Abu Dawood, v. 2, p 188. / Muslim, v. 2, p 34, Ibn Maajah, p 251]

DU`AA # 2

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ  
فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ  
الْعَلِيمُ (تین مرتبہ)

"I begin (this day) in the name of Allaah, with Whose Name none on earth or in the skies can do any harm and He is the One Who is All-Hearing and All-Knowing." [Tirmidhi, v.2, p174, /Ibn Maajah, p 284]

It is reported in a Hadith that whoever recites this du`aa thrice, every morning and evening, no harm will befall him [Tirmidhi, v 2, p 174],. It is reported in Abu Dawood that (if anyone recites this du`aa) no unexpected calamity will befall him. [v 2, p346,]



أَعُوذُ بِاللّٰهِ السَّمِيعِ الْعَلِيمِ مِنَ الشَّيْطَانِ  
الرَّجِيمِ. (تين مرتبه)

"I seek protection in Allaah, the All-Hearing, All-Knowing, from shaitaan, the accursed."

هُوَ اللّٰهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ عَلِيمُ الْغُيُوبِ  
وَالشَّهَادَةِ هُوَ الرَّحْمَنُ الرَّحِيمُ ○ هُوَ اللّٰهُ  
الَّذِي لَا إِلَهَ إِلَّا هُوَ الْمَلِكُ الْقُدُّوسُ السَّلَامُ  
الْمُؤْمِنُ الْمُهِيمُ الْعَزِيزُ الْجَبَّارُ الْمُتَكَبِّرُ  
سُبْحَنَ اللَّهِ عَمَّا يُشْرِكُونَ ○ هُوَ اللّٰهُ الْخَالِقُ  
الْبَارِئُ الْمُصَوِّرُ لَهُ الْأَسْمَاءُ الْحُسْنَى  
يُسَبِّحُ لَهُ مَا فِي السَّمُوتِ وَالْأَرْضِ وَهُوَ  
الْعَزِيزُ الْحَكِيمُ ○

"Allaah is He, other than Whom there is no deity;  
Who knows (all things) both the unseen and the



visible, He is Most Gracious and Most Merciful. Allaah is He, other than Whom there is no deity, the Sovereign, free from all blemishes, the Source of peace, the Guardian of faith, the Giver of protection, the Mighty, the over-Powering (Irresistible), the Justly Proud, glory to Allaah (High is He), above the partners they attribute to Him. He is Allaah the Creator, the Originator, the Fashioner, to Him belong the most beautiful Names. Whatever is in the heavens and earth declares His praises and glory and He is the Mighty, the Wise."

It is reported in a Hadith that the person who recites this du`aa( "I seek protection in Allaah, the All-Hearing, All-Knowing, from shaitaan, the accursed.") three times, and this Aayat in the morning, then 70,000 angels are deputed and if he dies he would get the reward of Shahadat (Martyrdom). And if he recites it in the evening, then the same rewards will be due to him until the morning. [Mishkaat, v 1, p188,]

*Anas b. Malik ؓ reported that Rasulullah ﷺ said: "None of you will have faith until I become more beloved to him than his father, his children and all humankind"(Agreed)*



## DU'AA # 4

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

"I begin in the Name of Allaah, the Most Gracious, the Most Merciful."

قُلْ هُوَ اللَّهُ أَحَدٌ ① اللَّهُ الصَّمَدُ ② لَمْ يَلِدْ ③  
وَلَمْ يُولَدْ ④ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ⑤ (تین مرتبہ)

"Say: He is Allaah, the One, Allaah (is) free from want, He does not beget nor is He begotten, and there is none like Him." (three times)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

"I begin in the Name of Allaah, the Most Gracious, the Most Merciful."

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ① مِنْ شَرِّ مَا خَلَقَ ②  
وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ ③ وَمِنْ شَرِّ  
النَّفَّاثِ فِي الْعُقَدِ ④ وَمِنْ شَرِّ حَاسِدٍ إِذَا  
حَسَدَ ⑤ (تین مرتبہ)



"Say: I seek refuge with the Rabb of dawn, from the mischief of the created things; from the mischief of darkness as it spreads; from the mischief of those who blow on knots; and from the mischief of the jealous one as he practices jealousy." (three times)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

"I begin in the Name of Allaah, the Most Gracious, the Most Merciful."

قُلْ أَعُوذُ بِرَبِّ النَّاسِ ۝١ مَلِكِ النَّاسِ ۝٢  
إِلَهِ النَّاسِ ۝٣ مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ۝٤  
الَّذِي يُوسْوِسُ فِي صُدُورِ النَّاسِ ۝٥ مِنَ  
الْجِنَّةِ وَالنَّاسِ ۝

"Say: I seek protection with the Sustainer of mankind, the King of mankind, the God of mankind, from the mischief of the whisperer (of evil) who withdraws (after his whisper) - who whispers into the hearts of mankind -among jinn and among men." (three times) [Abu Dawood, v 2, p 346,]



فَسُبِّحْنَ اللّٰهَ حِينَ تُمْسُونَ وَحِينَ تُصْبِحُونَ ﴿١٨﴾  
 وَلَهُ الْحَمْدُ فِي السَّمٰوٰتِ وَالْاَرْضِ وَعَشِيًّا وَحِينَ  
 تُظْهِرُونَ ﴿١٩﴾ يُخْرِجُ الْحَيَّ مِنَ الْمَمِيَّتِ وَيُخْرِجُ  
 الْمَمِيَّتَ مِنَ الْحَيِّ وَيُحْيِي الْاَرْضَ بَعْدَ مَوْتِهَا  
 وَكَذٰلِكَ تُخْرَجُونَ ﴿٢٠﴾ سُوْرَةُ الرَّوْمِ - بِ ٢١

"So purity belongs to Allaah, when you reach the evening and when you rise in the morning, for Him be praise in the heavens and on the earth and in the late afternoon and when the day begins to decline. It is He who brings out the living from the dead and brings out the dead from the living and who gives life to the earth after it is dead and in this way you will be resurrected."

It is reported in a Hadith that the person who recites this in the morning, it will compensate for his short-comings of the day, and that person who recites it in the evening, it will suffice for his night. [Abu Dawood,

v 2, p 435]



اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ  
 سِنَةٌ وَلَا نَوْمٌ لَهُ مَا فِي السَّمَوَاتِ وَمَا فِي الْأَرْضِ  
 مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ يَعْلَمُ مَا  
 بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ وَلَا يُحِيطُونَ  
 بِشَيْءٍ مِنْ عِلْمِهِ إِلَّا بِمَا شَاءَ وَسِعَ كُرْسِيُّهُ  
 السَّمَوَاتِ وَالْأَرْضَ وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ  
 الْعَلِيُّ الْعَظِيمُ

"Allaah! None has the right to be worshipped but He, the Ever-Living, the One Who sustains and protects all that exists. Neither slumber, nor sleep overtakes Him. To Him belongs whatever is in the heavens and whatever is on the earth. Who is he that can intercede with Him except with His permission? He knows what happens to them (His creatures) in this world, and what will happen to them in the Hereafter. And they will never encompass anything of His Knowledge except that which He wills. His Kursi



(Divine Throne) extends over the heavens and the earth, and He feels no fatigue in guarding and preserving them. And He is the Most High, the Most Great."

حَمَّ ① تَنْزِيلُ الْكِتَابِ مِنَ اللَّهِ الْعَزِيزِ الْعَلِيمِ ②  
غَافِرِ الذَّنْبِ وَقَابِلِ التَّوْبِ شَدِيدِ الْعِقَابِ  
ذِي الطُّوْلِ ③ لَا إِلَهَ إِلَّا هُوَ إِلَيْهِ الْمَصِيرُ ④

"Haa Meem. The revelation of the Book (this Qur`aan) is from Allaah, the All-Mighty, the All-Knower. The Forgiver of sin, the Acceptor of repentance, the Severe in punishment, the Bestower (of favours), none has the right to be worshipped but He, to Him is the final return."

It is reported in a Hadith that the person who recites these Aayaat in the morning will be protected until the evening and if he recites them in the evening then he will be protected until the morning. [Tirmidhi, v 2, p 215,]



DU`AA # 7

حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ عَلَيْهِ تَوَكَّلْتُ وَهُوَ رَبُّ  
الْعَرْشِ الْعَظِيمِ ۝

Allaah is Sufficient for me. There is none (worthy of worship) except He. I have trust in Him and He is The possessor of the Mighty Throne."

This du`aa should be recited 7 times.

It is reported in a Hadith that if the person who recites this du`aa in the morning and evening dies during this day then he will go to Jannat. [Targheeb, v 1, p 415.]

DU`AA # 8

رَضِيتُ بِاللَّهِ رَبًّا وَبِالْإِسْلَامِ دِينًا وَبِمُحَمَّدٍ  
نَبِيًّا.

"I am pleased with Allaah as Rabb, with Islaam as Deen and with Muhammad (sallAllahu alaihi wasallam) as a Nabi." (three times)



wasallam) entered the Masjid and there he found an Ansaari, by the name of Abu Umaama, Rasulullaah (sallAllahu alaihi wasallam) asked him the reason for his sitting in the masjid when it was not Salaat time. He replied that he had a burden of worries and debts. Rasulullaah (sallAllahu alaihi wasallam) asked him if he should not teach him such words which will remove all his worries and debts? He replied in the affirmative. Rasulullaah (sallAllahu alaihi wasallam) then told him to recite this du'aa (stated above) in the morning and evening. This Sahaabi mentions that he did as he was told and soon he was relieved from his worries and debts. [Abu Dawood, v. 1, p. 224]

**NOTE :** In order to find out ways to remove domestic anxieties and know the suggestions of righteous men, husband may read *Tuhfa Dulha (Gift for Groom)* and *Mithali Baap* and wives may read *Tuhfa Dulhan (Gift for Bride)* and *Mithali Ma.*

*It is reported by Ibn Umar ؓ that the messenger of Allah ﷺ said: "Be in the world as though you are a stranger or a traveler". (Al-Bukhari)*



It is reported by Hadhrat Thaubaan (radhiAllaahu anhu) that Rasulullaah (sallAllahu alaihi wasallam) said: "For the person who recites it (above du`aa) thrice in the morning and evening, Allaah Ta`ala takes responsibility to make him happy on the Day of Qiyaamah." [Mishkaat, v 1, p 210]

#### DU`AA # 9

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحُزْنِ  
وَأَعُوذُ بِكَ مِنَ الْعُجْزِ وَالْكَسَلِ وَأَعُوذُ بِكَ  
مِنَ الْجُبْنِ وَالْبُخْلِ وَأَعُوذُ بِكَ مِنْ غَلَبَةِ  
الدَّيْنِ وَقَهْرِ الرِّجَالِ .

"O Allaah! I seek protection in You from grief and sorrow, and I seek Your protection from timidity and indolence and I seek Your protection from cowardice and selfishness and I seek Your protection from overwhelming indebtedness and from the oppression of people."

Hadhrat Abu Saeed al-Khudri (radhiAllaahu anhu) reports that once Rasulullaah (sallAllahu alaihi



أَصْبَحْنَا وَأَصْبَحَ الْمُلْكُ لِلَّهِ رَبِّ الْعَالَمِينَ -  
 اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ هَذَا الْيَوْمِ وَ  
 فَتْحَهُ وَنَصْرَهُ وَنُورَهُ وَبَرَكَتَهُ وَهُدَاهُ وَ  
 أَعُوذُ بِكَ مِنْ شَرِّ مَا فِيهِ وَشَرِّ مَا بَعْدَهُ

"We, together with the entire universe, have spent the morning for (the devotion of) Allaah, Lord of the universe. O Allaah! I beg of You all the goodness that pertains to this day and its victory, assistance, Noor, blessings and guidance. And I seek of Your protection from the evil that pertains to this day and what is after it". [Abu Dawood, v 2, p 337]

In the evening this du`aa should be made in the following way:

اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ هَذِهِ اللَّيْلَةِ وَفَتْحَهَا  
 وَنَصْرَهَا وَنُورَهَا وَبَرَكَتَهَا وَهُدَاهَا وَأَعُوذُ بِكَ  
 مِنْ شَرِّ هَذِهِ اللَّيْلَةِ وَشَرِّ مَا بَعْدَهَا -

"O Allaah! I beg of You all the goodness that



pertains to this night and its victory, assistance, Noor, blessings and guidance. And I seek of Your protection from the evil of this night and whatever is after it."

DU'AA #11

اللَّهُمَّ اجْعَدْ أَوَّلَ هَذَا النَّهَارِ صَلَاحًا وَأَوْسَطَهُ  
فَلَاحًا وَآخِرَهُ نَجَاحًا. أَسْأَلُكَ خَيْرَ الدُّنْيَا  
وَالْآخِرَةِ يَا أَرْحَمَ الرَّاحِمِينَ

"O Allaah! Make the beginning of this day good for me, make the middle of it successful (for me), and make its ending fruitful. I ask of You the best of the world and the Hereafter, O Most Merciful of those who show mercy."

DU'AA # 12

اللَّهُمَّ بِكَ أَصْبَحْنَا وَبِكَ أَمْسَيْنَا وَبِكَ نَحْيَى  
وَبِكَ نَمُوتُ وَإِلَيْكَ النُّشُورُ .

"O Allaah! With Your help I have started the day and with Your help I have started the evening. With



(Your pleasure) we live and die and to You is (our) raising (on the Day of Qiyaamah)." [Abu Dawood, v 2, p 335]

In the evening one should recite from "Allaahumma bika Amsayna...." (to the end).

#### DU`AA # 13

أَصْبَحْنَا عَلَى فِطْرَةِ الْإِسْلَامِ وَكَلِمَةِ الْإِخْلَاصِ  
وَعَلَى دِينِ نَبِيِّنَا مُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ  
وَعَلَى مِلَّةِ أَبِيْنَا إِبْرَاهِيمَ حَنِيفًا مُسْلِمًا وَقَدْ  
كَانَ مِنَ الْمُشْرِكِينَ .

"We have started the morning upon the disposition of Islaam and upon the words of sincerity and upon the Deen of our Nabi, Muhammad (sallAllahu alaihi wasallam), and upon the Millat (creed) of our father, Ibraheem (alaihi salaam), who was a true believer and a Muslim, and who was not among the mushrikeen."

[Mishkaat, v 1, p 212]

For the evening one should substitute the words "As Bahná" with the words "AmSayna".



أَصْبَحْنَا وَأَصْبَحَ الْمُلْكُ لِلَّهِ وَالْحَمْدُ لِلَّهِ لَا  
 إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ  
 وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ -  
 رَبِّ اسْأَلْكَ خَيْرَ مَا فِي هَذَا الْيَوْمِ وَخَيْرَ مَا  
 بَعْدَهُ وَاعْوِذُ بِكَ مِنْ شَرِّ مَا فِي هَذَا الْيَوْمِ  
 وَشَرِّ مَا بَعْدَهُ . رَبِّ اعْوِذُ بِكَ مِنَ الْكُسَلِ  
 وَسُوءِ الْكِبَرِ . رَبِّ اعْوِذُ بِكَ مِنْ عَذَابٍ  
 فِي النَّارِ وَعَذَابٍ فِي الْقَبْرِ .

"We together with the entire universe have spent the morning for (the devotion of) Allaah. And all praises are due to Allaah. None is worthy of worship besides Allaah. He is unique. He has no partner. to Him belongs the entire universe. And to Him is due all praises. And He has Power over all things. O my Rabb! I beg of You all good pertaining to this day and the days following; and I seek Your protection from all evil pertaining to this day and the days following. O



my Rabb! I seek Your help from that I may be saved from indolence and evil old age. O Allaah! I seek Your protection from the punishment of hell and in the grave." [Abu Dawood, v 2, p 335]

During the evening, replace the words "هَذَا الْيَوْمِ وَخَيْرُ مَا بَعْدَهُ" in the first line with the words, "هَذِهِ اللَّيْلَةُ وَخَيْرُ مَا بَعْدَهَا".

And replace the words "هَذَا الْيَوْمِ وَشَرُّ مَا بَعْدَهُ", with the words "هَذِهِ اللَّيْلَةُ وَشَرُّ مَا بَعْدَهَا".

That is, you are replacing the words "morning" with "evening".

#### DU'AA # 15

اللَّهُمَّ إِنِّي أَصْبَحْتُ أَشْهَدُكَ وَأُشْهِدُ حَمَلَةَ  
عَرْشِكَ وَمَلَائِكَتَكَ وَجَمِيعَ خَلْقِكَ بِأَنَّكَ أَنْتَ  
اللَّهُ لَا إِلَهَ إِلَّا أَنْتَ وَحْدَكَ لَا شَرِيكَ لَكَ وَإِنَّ  
مُحَمَّدًا عَبْدُكَ وَرَسُولُكَ (چار مرتبہ)

"O Allaah! I spend the morning while I call upon You, (and) the bearers of Your Throne (and) Your angels and Your entire creation to bear witness that You are Allaah; none is worthy of worship except



You; and Muhammad (sallAllahu alaihi wasallam) is Your messenger." (Four times)

It is reported in a Hadith that if anyone recites this du`aa four times, then Allaah Ta`ala will grant that person salvation from the Fire of Jahannum. [Abu Dawood, v 2, p 335]

When reciting this du`aa in the evening then replace the word "As Bahtu" with the words "Am Saytu".

#### DU`AA # 16

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ أَصْلِحْ لِيْ شَأْنِيْ كُلَّهُ وَلَا تَكِلْنِيْ إِلَى نَفْسِيْ طَرْفَةَ عَيْنٍ .

"O The Ever-Living, The Eternal! I fervently invoke Your mercy so that You may set aright all my affairs and may not leave me to myself for the twinkling of an eye." [Hisn Haseen, p 104 (Urdu)]

Jarir b. Abdullah رضي الله عنه reported that Rusulullah ﷺ said, "Whoever is devoid of kindness and mercy is devoid of all goodness". (Abu Dawood)



DU`AA # 17

اللَّهُمَّ عَافِنِي فِي بَدَنِي، اللَّهُمَّ عَافِنِي فِي سَمْعِي  
اللَّهُمَّ عَافِنِي فِي بَصَرِي لَا إِلَهَ إِلَّا أَنْتَ .

"O Allaah! Grant me soundness in my body, O Allaah! Grant me soundness in my hearing and O Allaah! Grant me soundness in my eyesight. There is none worthy of worship except You."

This du`aa must be recited thrice in the morning and evening. [Abu Dawood, v. 3, p. 338 / Mishkaat, p. 212 - Chapter of Du`aas]

DU`AA # 18

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْكُفْرِ وَالْفَقْرِ، اللَّهُمَّ إِنِّي  
أَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ، لَا إِلَهَ إِلَّا أَنْتَ .

"O Allaah! I seek Your protection from infidelity and from poverty. O Allaah! I seek Your protection from the punishment of the grave. There is none worthy of worship except You."



This du`aa must be read thrice

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ جَهْدِ الْبَلَاءِ وَدَرَكِ  
الشَّقَاءِ وَسُوءِ الْقَضَاءِ وَشَمَاتَةِ الْأَعْدَاءِ .

"O Allaah! I seek Your protection from severe trials, from becoming wretched, from evil fate and from the plots and taunts of enemies." [Bukhari, v 2, p 979]

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ شَرِّ مَا عَلِمْتُ وَ  
مِنْ شَرِّ مَا لَمْ أَعْلَمْ .

"O Allaah! I seek Your protection from the evil that I know and from the evil of that which I do not know."

[Musannif Ibn Abi Shaiba, p 223]

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ شَرِّ مَا عَمِلْتُ وَمِنْ  
شَرِّ مَا لَمْ أَعْمَلْ .

"O Allaah! I seek Your protection from the evil that I perpetrate and from the evil of that which I do not perpetrate." [Jaamius Sagheer, v 1, p 59]



اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ يَوْمٍ شَرٍّ وَمِنْ  
 لَيْلَةٍ شَرٍّ وَمِنْ سَاعَةٍ شَرٍّ وَمِنْ صَاحِبِ  
 الشُّرُوءِ وَمِنْ حَارِ الشُّرُوءِ فِي دَارِ الْمَقَامَةِ .

"O Allaah! I seek Your protection from an evil day, from an evil night, from an evil hour, from an evil companion and from an evil neighbour in the final resting place (grave)."

DU`AA # 19

اللَّهُمَّ مَا أَصْبَحَ بِي مِنْ نِعْمَةٍ أَوْ بِأَحَدٍ مِّنْ  
 خَلْقِكَ فَمِنْكَ وَحْدَكَ لَا شَرِيكَ لَكَ، فَلكَ  
 الْحَمْدُ وَلَكَ الشُّكْرُ

"O Allaah! Whatever blessing has been received by me or any of Your creatures this morning is exclusively from You; You are One and have no partner. So all praises and gratitude are due to You.

In the evening replace the word "As Baha" by "Am Saa".

Rasulullaah (sallAllahu alaihi wasallam) said that



whoever recites this du`aa in the morning, fulfills the gratitude for that day's blessings, and whoever recites it at night, fulfills the gratitude for the blessings of that night.[Abu Dawood, v 2, p 336]

A person who desires that many favours be bestowed upon him, and that his present blessings still remain, he must show gratitude in abundance, and he should be thankful to every condition of his.

#### DU`AA # 20

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ  
اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي دِينِي  
وَدُنْيَايَ وَأَهْلِي وَمَالِي . اللَّهُمَّ اسْدُرْ عَوْرَاتِي  
وَأَمِنْ رَوْعَاتِي . اللَّهُمَّ احْفَظْنِي مِنْ بَيْنِ  
يَدَيَّ وَمِنْ خَلْفِي وَعَنْ يَمِينِي وَعَنْ شِمَالِي وَ  
مِنْ فَوْقِي وَاعُوذُ بِعَظَمَتِكَ أَنْ أُغْتَالَ مِنْ  
تَحْتِي .



"O Allaah! I seek Your protection both in this world and in the Hereafter. O Allaah! I beg of You forgiveness and safety of my faith, life, family and property. O Allaah! Cover my faults and save me from fear and apprehension. O Allaah! Grant me Your protection ahead of me, behind me on my right, on my left and from above me. And I seek Your protection from that I be destroyed (by any mishap or accident) under my feet."

Hadhrat Abdullaah Ibn Umar (radhiAllaahu anhu) reports that Rasulullaah (sallAllahu alaihi wasallam) used to recite these words in the morning and the evening. It was his (sallAllahu alaihi wasallam) blessed habit that he always recited this du`aa until the end of his life. [Abu Dawood, v 2, p 344 / Ibn Maajah, p 284]

This du`aa is very blessed. It must be read every morning and evening.

#### DU`AA # 21

اللَّهُمَّ فَاطِرَ السَّمَوَاتِ وَالْأَرْضِ عَالِمَ  
الْغَيْبِ وَالشَّهَادَةِ لَا إِلَهَ إِلَّا أَنْتَ رَبِّ



كُلِّ شَيْءٍ وَمَمْلِكَةٍ أَعُوذُ بِكَ مِنْ شَرِّ  
نَفْسِي وَمِنْ شَرِّ الشَّيْطَانِ وَشَرِّكُمْ وَأَنْ  
أَقْتَرِفَ عَلَى نَفْسِي سُوءًا أَوْ أَجُرَّهُ إِلَى مُسْلِمٍ.

"O Allaah! Creator of the heavens and earth, Who knows what is hidden and visible, there is none worthy of worship besides You, O Rubb and Master of every thing, I seek Your protection from the mischief of my carnal self and of the shaytaan and his polytheistic insinuation and that I may do anything wrong or invite any other Muslim in evil." [Tirmizi v 2, p 191]

It is reported from Hadhrat Abu Hurairah (radhiAllaahu anhu) that Hadhrat Abu Bakr (radhiAllaahu anhu) asked: "O Nabi of Allaah! teach me such a du`aa that I may recite every morning and evening." Rasulullaah (sallAllahu alaihi wasallam) told him to recite this du`aa (stated above) in the morning, evening and when lying down in bed. [Abu Dawood, v 2, p

335 ]



DU`AA # 22

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

"Allaah Ta`ala is Most Pure and All Praises are due to Him."

It is reported in a Hadith that if a person recites this du`aa 100 times daily, his sins will be obliterated, even though they may be as much as the foam in the oceans.

[Mishkaat, v 1, p 200]

It is reported in another Hadith that if a person recites this 100 times in the morning and evening, then on the Day of Qiyaamah, nobody else will be able to present a better Zikr than this (in the Court of Allaah Ta`ala), except that person who has recited this Zikr and has increased upon it.

If the reciter increases upon these words the following:

سُبْحَانَ اللَّهِ الْعَظِيمِ

"Allaah Ta`ala is Most Pure, Most Exalted", then it will be better for him, because it is reported in a



Hadith, that these two sentences are most beloved to Allaah Ta`ala, and they will carry a heavy weight on the scale of deeds. [Mishkaat, v 2, p 200]

These two sentences are very brief and extremely valuable and beneficial. We should all make it a habit to recite this daily a hundred times after Fajr and Asr Salaats or just before retiring to bed and first thing upon awakening. By reciting this our bond with Allaah Ta`ala will also be strengthened, we will be saved from sinning and a desire for the Aakhirah will be created.

One should read it 100 times daily in the morning and evening, whilst paying full attention and concentration upon its meaning. One will feel the effect of it after a few days.

#### DU`AA # 23

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ  
وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

"None is worthy of worship besides Allaah, Alone, He has no partner. For Him is the (total) Dominion



and for Him is All Praise, and He has Power over all things." (ten times)

It is reported in a Hadith that the person who recites these words in the morning, then:

1. He will receive the reward of having freed a slave who is from the progeny of Hadhrat Ismail (alaihi salaam).
2. Ten rewards will be recorded for him.
3. Ten of his sins will be forgiven.
4. His stage will be raised 10 times.
5. He will be saved from the evils of shaitaan for the rest of the day.

For that person who recites this du`aa in the evening, he will have the same benefits until the morning. [Abu Dawood, v 2, p 345 / Ibn Maajah, p 275]

The following is reported in Tirmidhi Shareef that if one adds the words for one's safety:

يُخَيِّ وَيُمِيتُ "He is the One Who gives life and death", to the above du`aa and recites it ten times after Maghrib Salaat, then for such a person an armed group of angels are deputed, that will be armoured and ready



and protect him from shaitaan. [Tirmidhi, v 2, p 193, ]

### DU'AA # 24

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ خَلَقْتَنِي وَ  
أَنَا عَبْدُكَ وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا  
اسْتَطَعْتُ أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ ،  
أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ وَأَبُوءُ لَكَ بِذُنُوبِي  
فَاغْفِرْ لِي فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ

"O Allaah! You are my Cherisher. There is no deity except You. You have created me and I am Your servant. And as far as possible, I abide by my solemn promise and covenant (which I made to You). I seek Your protection against the consequences of my wrongdoings. I fully acknowledge the grace You have bestowed upon me and I confess my faults. So pardon me as none besides You can pardon sins". (Bukhari, v 2, p 933- Ibne-Maja p 276)

This Du'aa is called. "Sayyidul Istighfaar". That is, whatever words and du'aas there are for asking



forgiveness of sins, this du'aa is the best of them all. Hence when making this du'aa, one must have total humility and tears must flow from one's eyes. One must have it in one's heart: O Allah! Today You will forgive me.

#### DU'AA # 25

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ، وَلَا قُوَّةَ إِلَّا بِاللَّهِ مَا شَاءَ اللَّهُ كَانَ  
وَمَا لَمْ يَشَأْ لَمْ يَكُنْ، أَعْلَمُ أَنَّ اللَّهَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ،  
وَأَنَّ اللَّهَ قَدْ أَحَاطَ بِكُلِّ شَيْءٍ عِلْمًا.

"Allah Ta'ala is the Most Pure and all (Space) are due to Him. There is no power except with Allah. Whatever Allah desires will come to pass, and whatever He dose not wish will not (will NEVER occur). I know that indeed Allah has (Absolute) Power over all things and that surely His knowledge encompasses everything. "[Adu Dawood, v 2, p 336.

It is reported in Abu Dawood that a Sahaabia, who served the daughters of Rasulullaah (sallAllahu alaihi wasallam), reported his daughters as saying that Rasulullaah (sallAllahu alaihi wasallam) taught them



this du`aa (stated above), and instructed them to recite it every morning. Indeed whoever recites this du`aa in the morning, will be protected until the evening, and whoever recites it in the evening, will be saved until the morning. [Abu Dawood, v 2, p 336]

Therefore women and little girls MUST make it their habit to recite this du`aa every morning and evening.

#### DU`AA # 26

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا وَرِزْقًا طَيِّبًا وَ  
عَمَلًا مُتَقَبَّلًا .

"O Allaah! Indeed I ask of You knowledge that is beneficial, sustenance that is Pure and wholesome and actions (that are acceptable to You)." [Ibn Maajah, v 1, p 152.]

Rasulullaah (sallAllhu alaihi wasallam) used to recite this du`aa in the mornings after making the salaam of the Fajr Salaat. It is a very concise and blessed du`aa. Students, Ulama, teachers and those who love making du`aa must make it their habit to recite this du`aa after Fajr, daily.



## اَللّٰهُمَّ اَجِرْنِي مِنَ النَّارِ

"O Allaah! Save me from the Fire." (seven times)

Hadhrat Haarith (radhiAllahu anhu) reports that Rasulullaah (sallAllahu alaihi wasallam) said that we should recite this du`aa seven times after Maghrib Salaat, and if one passes away during the night, then one will be saved from the Fire of Jahannum and if one recites this du`aa seven times after Fajr Salaat, and passes away during the day, one will be saved from the Fire of Jahannum. [Abu Dawood, v 2, p 337]

### DU`AA # 27

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ عَدَدَ خَلْقِهِ وَرِضَا نَفْسِهِ  
وَزِنَةَ عَرْشِهِ وَمِدَادَ كَلِمَاتِهِ.

"I declare the Purity of Allaah and His Praises in numbers equivalent to His creation, in a manner befitting His pleasure, in weight equal to His Throne and in quantities equal to the ink of His words."

This du`aa must be read thrice. (three times)

Ummul Mu`mineen, Hadhrat Juwairia



(radhiAllaahu anha) reports that once Rasulullaah (sallAllahu alaihi wasallam) went out while she was on her Musallah in the morning and returned after Chasht, he found that she was still sitting in the same position. Rasulullaah (sallAllahu alaihi wasallam) asked her if she had remained all the time in that position and did not get up and she replied in the affirmative. Rasulullaah (sallAllahu alaihi wasallam) said: "I recited four sentences thrice after leaving you, which if equated to all the words you had recited in all this time, then these four expression will far supercede them." [Mishkaat, v 1, p 200]

Rasulullaah (sallAllahu alaihi wasallam) mentioned to Hadhrat Abu Darda (radhiAllaahu anhu): "Should I not show you one such thing which is better than making Zikr for the entire day and night?" This dua is

سُبْحَانَ اللَّهِ عَدَدَ مَا خَلَقَ وَسُبْحَانَ اللَّهِ مِثْلُ  
مَا خَلَقَ وَسُبْحَانَ اللَّهِ عَدَدَ كُلِّ شَيْءٍ وَسُبْحَانَ  
اللَّهِ مِثْلُ كُلِّ شَيْءٍ وَسُبْحَانَ اللَّهِ عَدَدَ مَا أَحْصَى  
كِتَابُهُ وَسُبْحَانَ اللَّهِ مِثْلَ مَا أَحْصَى كِتَابُهُ



وَالْحَمْدُ لِلَّهِ عَدَدَ مَا خَلَقَ وَالْحَمْدُ لِلَّهِ مِثْلُ  
مَا خَلَقَ وَالْحَمْدُ لِلَّهِ عَدَدَ كُلِّ شَيْءٍ وَالْحَمْدُ لِلَّهِ  
عَدَدَ مَا أَحْصَى كِتَابُهُ وَالْحَمْدُ لِلَّهِ مِثْلُ مَا  
أَحْصَى كِتَابُهُ.

All praises are due to Allah in numbers equal to what He created; All praises are due to Allah in quantities equal to what He has created; All praises are due to Allah in numbers equal to everything; All praises are due to Allah in quantities equal to everything; All praises are due to Allah in numbers equal to what His Book has enumerated; All praises are due to Allah in quantities equal to what His Book encompassed." [Hisn Haseen, p 405]

DU`AA # 28

اَللّٰهُمَّ رَبَّ النَّبِيِّ مُحَمَّدٍ صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ  
اغْفِرْ لِيْ ذَنْبِيْ وَاَذْهَبْ غِيْظَ قَلْبِيْ وَاَجِرْ نِيْ



## مِنْ مُضِلَّاتِ الْفِتَنِ مَا أَحْيَيْتَنَا

"O Allah! Rabb of Nabi (sallAllahu alaihi wasallam), forgive my sins, remove anger from my heart and safeguard me from wayward Fitnah (mischief), for as long as I am alive." [Majma'uz zawaid, v 10, p 176]

This du`aa should be read in abundance by that person who experiences anger.

### DU`AA # 29

#### A- Dawood's (alaihis Salam) Dua

Hadhrat Ka'b (radhiAllaahu anhu) said that prophet Dawood (alaihis Salam) made this supplication three times every morning and evening.

اللَّهُمَّ عَالِمَ الْغَيْبِ وَالشَّهَادَةِ اعْصِمْنِي فِي هَذَا  
الْيَوْمِ مِنْ شَرِّ كُلِّ مُصِيبَةٍ نَزَلَتْ مِنَ السَّمَاءِ  
وَاجْعَلْنِي فِي كُلِّ خَيْرٍ يَنْزِلُ مِنَ السَّمَاءِ

O Allah! knower of the secrets and the apparent!  
Protect me today from every calamity that has



descended from the heaven. And let me have a share of all good that has descended from the heaven.(Ad-dua' v2, p958)

### **B-Musa's (alaihis Salam) Dua**

Hadhrat Hasan Busri (rahmatullahi alaihi) said that Hadhrat Sumrah ibn jundub (radhiAllaahu anhu) said "Shall I not relate to you a Hadith that I heard from the Prophet (sallAllahu alaihi wasallam) frequently, and from Hadhrat Abu Bakr (radhiAllaahu anhu) frequently, and from Hadhrat Umar (radhiAllaahu anhu) frequently?. I said, "Yes". He said, "Whoever recites it in the morning and evening, Allah will accept his prayer even before he has made one". Sumrah (radhiAllaahu anhu) said, "I met Abdullah ibn Salam and asked him, Shall I not relate to you the Hadith that I have heard frequently from the Prophet (sallAllahu alaihi wasallam) and from Hadhrat Abu Bakr (radhiAllaahu anhu) and Hadhrat Umar (radhiAllaahu anhu). He said yes, and I related the (foregoing) Hadith. He said, By Allah! May my parents be ransomes to the Prophet (sallAllahu alaihi wasallam), these are the words that Allah had granted to Prophet Musa (alaihis Salam) and he recited them seven times every day. He hardly made a supplication



but Allah fulfilled it".

اللَّهُمَّ أَنْتَ خَلَقْتَنِي وَأَنْتَ تَهْدِينِي وَأَنْتَ  
تُطْعِمُنِي وَأَنْتَ تَسْقِينِي وَأَنْتَ تُمِيتُنِي وَأَنْتَ  
تُحْيِينِي.

O Allah! You have created me. And you have guided me. You do provide me with food and quench my thirst. You will cause me to die and You will resurrect me. [Maj' ma uz zawaaid, v 10, p 118]

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْبَرَصِ وَالْجُذَامِ وَالْجُنُونِ  
وَمِنْ سَائِ الْأَسْقَامِ.

O Allah I seek refuge in you from white leprosy and black leprosy, lunacy and from all evil Maladies. This supplication may be made in the morning and evening and after every Fard Salah (Abu Dawood, Nisai, Mishkat Sharceef p 217 Babul Istia'zah)

#### DU'AA # 30

Rasulullaah (sallAllahu alaihi wasallam) said:  
"Whosoever recites Durood upon me ten times in the



morning and evening, will receive my intercession on the Day of Qiyaamah." [Saheeh Jaamius Sagheer]

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ  
كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ  
إِنَّكَ حَمِيدٌ مُجِيدٌ اللَّهُمَّ بَارِكْ عَلَى  
مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ  
عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ  
حَمِيدٌ مُجِيدٌ

O Allah, shower blessings on Muhammad and on the family of Muhammad as you did shower blessings on Ibrahim and on the family of Ibrahim. Surely, you are praiseworthy, Gracious. O Allah, bestow favours on Muhammad on the family of Muhammad as you did bestow favours in Ibrahim and on the family of Ibrahim. Surely you are praiseworthy Gracious.



Recite this ten times.

TEN DU'AAS FOR PROTECTION AND SAFETY

DU'AA # 1

اللَّهُمَّ حَافِظَ عِبَادِكَ وَإِمَاءِكَ وَاعْزِزْنِي  
عَنْ شَرِّ عِبَادِكَ يَا أَرْحَمَ الرَّاحِمِينَ يَا  
وَدُودُ يَا ذَا الْعَرْشِ الْمَجِيدِ يَا فَعَّالًا لِمَا  
يُرِيدُ أَسْأَلُكَ بِعِزِّكَ الَّذِي لَا يُرَامُ وَ  
بِمُلْكِكَ الَّذِي لَا يُصْنَمُ وَبِنُورِكَ الَّذِي  
مَلَأَ أَرْكَانَ عَرْشِكَ أَنْ تَكْفِيَنِي شَرَّ كَذَا وَ  
كَذَا يَا مُغِيثُ اغْنِثْنِي يَا مُغِيثُ اغْنِثْنِي يَا  
مُغِيثُ اغْنِثْنِي، بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ عَنْ  
يَمِينِي، بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ عَنْ شِمَالِي  
بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ بَيْنَ يَدَيَّ،  
بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ مِنْ خَلْفِي



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ مِنْ فَوْقِي

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ مِنْ جَمِيعِ جَوَائِزِي

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ قَابِضٌ عَلَيَّ بِنَاصِيَتِي

"O Allah Ta'ala! Make your male and female benevolence turn towards me with kindness and benevence. O Most merciful of all those who show mercy! Free me from the evil of your slaves. O Most Loving! O Owner of the venerable Throne! O One Who does what He desires! I implore You through the medium of Your Honour which is never separated from You, and (I ask of You) through that Dominion of Yours, wherein there is no oppression, (I ask of You) through the medium of that Noor (Celestial Light) of Yours that has encompassed the edges of Your Throne, that You become sufficient for me against every kind of evil (so-and-so evil)

O One Who redresses grievances! Redress me!

O One Who redresses grievances! Redress me!

O One Who redresses grievances! Redress me!

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ from my right.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ from my left.



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ in front of me.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ behind me.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ above me.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ on all my sides.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ for the one who takes hold of my forelock." [Al-Wirdul Musalla Al-Mukhtaar, p 86]

### DU'AA # 2

أَعُوذُ بِعِزَّةِ اللَّهِ وَعَظَمَتِهِ وَبِعِزَّةِ اللَّهِ وَ  
قُدْرَتِهِ وَبِعِزَّةِ اللَّهِ وَسُلْطَانِهِ وَبِعِزَّةِ  
جَلَالِ اللَّهِ وَبِعِزَّةِ اللَّهِ مِنْ شَرِّ مَا خَلَقَ وَ  
ذَرَأَ وَبَرَأَ وَمِنْ شَرِّ مَا تَحْتَ الثَّرَى وَمِنْ شَرِّ  
كُلِّ دَابَّةٍ رَبِّي أَخِذْ بِنَاصِيَتِي إِنْ رَجِئْتُ  
عَلَى صِرَاطٍ مُسْتَقِيمٍ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا  
بِاللَّهِ الْعَلِيِّ الْعَظِيمِ، مَلَجَأُ كُلِّ هَارِبٍ وَ  
مَأْوَى كُلِّ خَائِفٍ، لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ  
الْعَظِيمِ، أَقِ بِهَا نَفْسِي وَدِينِي وَأَهْلِي وَمَالِي  
وَجَمِيعَ نِعَمِ إِلَهِي وَمَوْلَايَ وَسَيِّدِي عِنْدِي.



لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ  
 أَنْجُوا بِهَا مِنْ إِبْلِيسَ وَخَيْلِهِ وَرَجُلِهِ، وَ  
 شَيَاطِينِهِ وَمَرَدَّتِهِ وَأَعْوَانِهِ وَجَمِيعِ الْإِنْسِ  
 وَالْجِنِّ وَشُرُورِهِمْ.

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ.  
 أَمْتَنِعْ بِهَا مِنْ ظُلْمِ مَنْ أَرَادَ ظُلْمِي مِنْ  
 جَمِيعِ خَلْقِ اللَّهِ.

"I seek protection through the Might of Allah and with His Majesty, I seek protection through the Might of Allah and with His Power, I seek protection through the Might of Allah and with His Dominion, I seek protection through the Sublime Might of Allah, I seek protection through the Might of Allah from all the evil that has been created, from the evil that is beneath the ground, from the evil of every animal, whose forelock is in the control of my Rabb. Indeed the Path of my Rabb is straight. There is no power nor might except from Allah, Most High, Most Exalted. He is the place of refuge for anyone seeking refuge, a sanctuary for



any fearful one. There is no power nor might except from Allah, Most High, Most Exalted. O my Master, my Leader! I hand over in sanctuary (to You) my self, my Deen, my family, my wealth and everything given to me by my Allah. There is no power nor might except from Allah, Most High, Most Exalted. I seek success through this (Kalima), from Iblees, his cavalry and his footmen, from his rebellious companions and from the evil of the entire mankind and jinn. There is no power nor might except from Allah, Most High, Most Exalted. I am protected through this (Kalima) from the oppression of those who wish to oppress me from amongst the entire creation."

ۛ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللّٰهِ: أَكُفْتُ بِهَا عَدُوَّانَ  
 مَنِ اعْتَدَى عَلَيَّ مِنْ جَمِيعِ خَلْقِ اللّٰهِ .  
 ۛ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللّٰهِ: أَضَعْتُ بِهَا  
 كَيْدَ مَنْ كَادَنِي مِنْ جَمِيعِ خَلْقِ اللّٰهِ .  
 ۛ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللّٰهِ الْعَلِيِّ الْعَظِيمِ:  
 أَرْيِلُّ بِهَا مَكْرَ مَنْ مَكَرَ بِي مِنْ جَمِيعِ خَلْقِ اللّٰهِ .



ۛ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ :  
أَبْطِلُ بِهَا سَعَى مَنْ سَعَى عَلَى مَنْ جَمِيعِ خَلْقِ  
اللَّهِ .

۞ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ : أْذِلُّ بِهَا مَنْ  
تَعَزَّزَ عَلَى مَنْ جَمِيعِ خَلْقِ اللَّهِ .  
۝ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ : أَهْئِنُّ بِهَا مَنْ  
أَهَاتَنِي مِنْ جَمِيعِ خَلْقِ اللَّهِ .

"There is no power nor might except from Allah. I terminate the efforts of rebelliousness of every one who intends to rebel against me, through this (Kalima). There is no power nor might except from Allah, I weaken the plots of all those who plot against me through this (Kalima). There is no power nor might except from Allah, I remove the conspiring plans of all those who conspire against me through this (Kalima). There is no power nor might except from Allah, I annihilate the efforts of all those who make an effort against me, through this (Kalima). There is no power nor might except from Allah, I degrade through



this (Kalima) whoever boasts against me from amongst the entire creation. There is no power nor might except from Allah, I debase through this (Kalima) whoever wishes to disgrace me, from amongst the entire creation."

۱۱ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ : أَقْصِمُ بِهَا ظَالِمِي  
مِنْ جَمِيعِ خَلْقِ اللَّهِ .

۱۲ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ : أَقْدِرُ بِهَا عَلَى  
ذِي الْقُدْرَةِ عَلَى مِنْ جَمِيعِ خَلْقِ اللَّهِ

۱۳ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ : أَسْتَدْفِعُ بِهَا  
شَرَّ مَنْ أَرَادَنِي بِشَرٍّ مِنْ جَمِيعِ خَلْقِ اللَّهِ .

۱۴ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ : إِسْتِغَاثَةٌ بِعِزَّةِ اللَّهِ

۱۵ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ : إِسْتِغَاثَةٌ بِقُوَّةِ اللَّهِ .

۱۶ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ : إِسْتِجَارَةٌ بِقُدْرَةِ اللَّهِ .

"There is no power nor might except from Allah, I destroy through this (Kalima) whoever, from the entire creation tries to oppress me. There is no power nor



might except from Allah, I overpower through this (Kalima) whoever, from amongst the entire creation, tries to gain control over me. There is no power nor might except from Allah, I ward off the evil intentions through this (Kalima), of whoever, from the entire creation has evil designs on me. There is no power nor might except from Allah, this supplication is through the Might of Allah. There is no power nor might except from Allah, this supplication is through the Power of Allah. There is no power nor might except from Allah, this protection is being sought through the Power of Allah."

ع لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ : أَسْتَعِينُ بِهَا عَلَى  
مَحْيَايَ وَمَمَاتِي وَعِنْدَ نَزْوِلِ مَلِكِ الْمَوْتِ بِي  
وَمُعَالَجَةِ سَكَرَاتِهِ وَغَمَرَاتِهِ .

ع لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ : أَحْصِنُ بِهَا رُوحِي  
وَأَعْضَائِي وَشَعْرِي وَبَشْرِي .

ع لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ : إِذَا أُدْخِلْتُ قَبْرِي  
فَرِيدًا وَحِيدًا خَالِيًا بَعْمَلِي .



٢٠ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ : أَسْتَعِينُ بِهَا عَلَى  
مَحْشَرِي إِذَا نُشِرْتُ لِي صَحِيفَتِي ، وَرَأَيْتُ ذُنُوبِي  
وخطاياي -

٢١ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ : إِذَا طَالَ فِي  
الْقِيَامَةِ وَقُوفِي وَاسْتَدَّ عَطَشِي .

"There is no power nor might except from Allah, I ask for assistance through this (Kalima) upon my life, my death, at the time of the descending of the Angel of death, the pangs of death and when unconsciousness falls. There is no power nor might except from Allah, I strengthen through this (Kalima), my soul, my organs, my hair and my skin. There is no power nor might except from Allah, when I am entered into my grave alone and in solitude, bereft of deeds. There is no power nor might except from Allah, I seek assistance through this (Kalima) , on the Day of Qiyaamah when my book of deeds are flung at me, and when I witness my sins and transgressions. There is no power nor might except from Allah, on the Day of Qiyaamah.



when my standing is made long and my thirst will be severe."

۲۲ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ : أَجُوزُ بِهَا الصِّرَاطَ  
مَعَ الْأَوَّلِيَاءِ وَأُثَبِّتُ بِهَا قَدَمِي .  
۲۳ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ : أَسْتَقِرُّ بِهَا فِي  
دَارِ الْقَرَارِ مَعَ الْأَبْرَارِ عَدَدَ مَا قَالَهَا وَمَا يَقُولُهَا  
لِقَائِلُونَ مُنْذُ أَوَّلِ الدَّهْرِ إِلَى آخِرِهِ عَدَدَ  
مَا أَحْصَاهُ كِتَابُ اللَّهِ وَأَحَاطَ بِهِ عِلْمُهُ وَ  
أَضْعَافُ ذَلِكَ ، أَضْعَافًا مُضَاعَفَةً وَكُلُّ ضِعْفٍ  
يَتَضَاعَفُ أَضْعَافَ ذَلِكَ أَضْعَافًا مُضَاعَفَةً ،  
أَبَدَ الْأَبَدِ وَمُنْتَهَى الْعَدَدِ بِلَا أَمَدٍ ، عَدَدًا  
لَا يُحْصِيهِ إِلَّا هُوَ وَلَا يَحِيطُ بِهِ إِلَّا عَلَيْهِ وَلَا حَوْلَ  
وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ .

"There is no power nor might except from Allah, through this (Kalima) I will traverse the 'Pul Siraat'



narrow bridge with the pious people and keep my feet firm upon it. There is no power nor might except from Allah, I will be established through this (Kalima) with the pious people in the everlasting abode, as long as the numbers spoken by and will be spoken by the speakers from the beginning of time until the end, as long as what Allah's Kitaab has enumerated, and what His knowledge encompasses and multiply that, many times over. And multiply whatever result is multiplied many times over, until eternity. The last number will not have any end. A number that cannot be counted, except by Him. None will be able to encompass it besides His knowledge. There is no power nor might except from Allah, Most High, Most Exalted."

### DU'AA # 3

اللَّهُمَّ إِنِّي أَسْتَوْدِعُكَ الْيَوْمَ نَفْسِي وَأَهْلِي وَمَالِي وَوَلَدِي وَمَنْ كَانَ مِنِّي فِي سَبِيلِ الشَّاهِدِ مِنْهُمْ وَالْغَائِبِ.

اللَّهُمَّ احْفَظْنَا بِحِفْظِ الْإِيمَانِ وَاحْفَظْهُ عَلَيْنَا. اللَّهُمَّ اجْعَلْنَا فِي رَحْمَتِكَ وَلَا تَسْلُبْنَا



فَضْلَكَ إِنَّا إِلَيْكَ رَاغِبُونَ .

اللَّهُمَّ إِنَّا نَعُوذُ بِكَ مِنْ وَعْثَاءِ السَّفَرِ وَ  
كَآبَةِ الْمُنْقَلَبِ وَسُوءِ الْمُنْظَرِ فِي الْأَهْلِ  
وَالْمَالِ وَالْوَلَدِ يَا مَنْ هُوَ أَقْرَبُ مِنْ حَبْلِ  
الْوَرِيدِ يَا فَعَّالًا لِمَا يُرِيدُ يَا مَنْ يَجُولُ بَيْنَ  
الْمَرَّةِ وَقَلْبِهِ حُلٌ بَيْنَنَا وَبَيْنَ مَنْ يُؤْذِينَا  
بِحَوْلِكَ وَقُوَّتِكَ يَا كَافِي كُلِّ شَيْءٍ وَلَا يَكْفِي مِنْهُ  
شَيْءٌ أَكْفِنَا مَا يَهْمُنَا مِنْ أَمْرِ الدُّنْيَا وَالْآخِرَةِ  
يَا أَرْحَمَ الرَّاحِمِينَ .

"O Allah Ta'ala! I leave in your trust today, my life, my family, my wealth, my children and whatever else (of mine) is present and absent.

O Allah Ta'ala! Protect us through our Imaan and safeguard our Imaan.

O Allah! Cover us with Your Mercy and do not take away Your Bounties and Benevolence. We have an



affinity towards You only.

O Allah! We seek protection from the difficulties of journey, from witnessing difficult times, from beholding bad conditions in our family and wealth. O One Who is even closer to us than our jugular veins! O One Who does what He pleases! O One Who comes between the slave and his heart! Separate, with Your Power and Might, between us and those who wish to harm us. O One Who is Independent of all things, whilst nothing is independent from You! O Most Merciful of those who show mercy! Make us independent of the anxieties of this world and the Hereafter."

#### DU'AA # 4

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ غَضَبِهِ وَعِقَابِهِ وَشَرِّ  
عِبَادِهِ وَمِنْ هَمَزَاتِ الشَّيَاطِينِ وَأَنْ يَخْضُرُونِ .

"I invoke the perfect words of Allah for protection against His wrath, and punishment and the mischief of His servants and the evil prompting of the shaytaan and against their coming near me."

[Mishkaat, v.1, p 217 / Tirmidhi, v 2, p 191]



اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ ،  
 بِسْمِ اللَّهِ عَلَى نَفْسِي وَدِينِي بِسْمِ اللَّهِ عَلَى هَلِي  
 وَمَالِي بِسْمِ اللَّهِ عَلَى كُلِّ شَيْءٍ أَعْطَانِي رَبِّي  
 بِسْمِ اللَّهِ خَيْرَ الْأَسْمَاءِ بِسْمِ اللَّهِ رَبِّ الْأَرْضِ  
 وَالسَّمَاءِ بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّهُ مَعَ اسْمِهِ  
 دَاءٌ بِسْمِ اللَّهِ افْتَحْتُ وَعَلَى اللَّهِ تَوَكَّلْتُ  
 اللَّهُ اللَّهُ رَبِّي لَا أُشْرِكُ بِهِ شَيْئًا أَسْأَلُكَ اللَّهُمَّ  
 بِخَيْرِكَ مِنْ خَيْرِكَ الَّذِي لَا يُعْطِيهِ غَيْرُكَ  
 عَزَّ جَارُكَ وَجَلَّ شَأْنُكَ وَلَا إِلَهَ إِلَّا أَنْتَ  
 اجْعَلْنِي فِي عِيَاذِكَ وَجِوَارِكَ مِنْ كُلِّ سُوءٍ  
 وَمِنْ الشَّيْطَانِ الرَّجِيمِ اللَّهُمَّ إِنِّي أَسْتَجِيرُكَ  
 مِنْ جَمِيعِ كُلِّ شَيْءٍ خَلَقْتَ وَأَحْتَرِسُ بِكَ  
 مِنْهُنَّ وَأَقْدَمُ بَيْنَ يَدَيْ  
 بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ۝ قُلْ هُوَ اللَّهُ أَحَدٌ ۝



اللَّهُ الصَّمَدُ ۝ لَمْ يَلِدْ وَلَمْ يُولَدْ ۝ وَلَمْ يَكُنْ  
 لَهُ كُفُوًا أَحَدٌ ۝ عَنْ أَمَامِي وَمِنْ خَلْفِي وَعَنْ  
 يَمِينِي وَعَنْ شِمَالِي وَمِنْ فَوْقِي وَتَحْتِي .

"Allah is the Greatest, Allah is the Greatest, Allah is the Greatest. I begin with the Name of Allah, upon my self and my Deen. I begin with the Name of Allah, upon my family and my wealth. I begin with the Name of Allah, upon everything that my Rabb has bestowed me with. I begin with the Name of Allah, (which is) the best of names. I begin with the Name of Allah, Rabb of the earth and skies. I begin with the Name of Allah, that Name with which no ailment can cause harm. I begin with the Name of Allah, do I begin, and upon Allah do I rely. Allah, Allah, my Rabb! I do not ascribe any partner to You. I ask of You, O Allah! Of Your goodness from Your goodness, which is not granted by others. Your sanctuary is Honourable and Your Praises are Great. There is no deity besides You. Grant me Your protection and Sanctuary from evil and from shaytaan, the rejected one. O Allah, I seek refuge in You, from everything that You have created. I seek Your protection from all these things, and I present



before You (this Surah):

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

'I begin with the Name of Allah, Most Gracious, Most Merciful. Say:

قَدْ هُوَ اللَّهُ أَحَدٌ ۝ اللَّهُ الصَّمَدُ ۝ لَمْ يَلِدْ وَلَمْ يُولَدْ ۝ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ۝

He is Allah, the One. Allah is independent. He does not beget, nor was He begotten. And nothing is like Him (equal to Him).'

Ahead of me, behind me, on my right side, on my left side, above me and below me." [Al Hizbul Azam, p 130]

DU'AA # 6

اللَّهُمَّ إِلَهَ جِبْرِائِيلَ وَمِيكَائِيلَ وَإِسْرَافِيلَ  
وَالِلَّهِ إِبْرَاهِيمَ وَإِسْمَاعِيلَ وَإِسْحَاقَ عَافِي  
وَلَا تُسَلِّطَنَّ أَحَدًا مِّنْ خَلْقِكَ عَلَى بَشِيٍّ وَلَا  
طَاقَةَ لِي بِهِ.

"O Allah! Rabb of Jibraeel, Mikaaeel and Israafeel.



And Rabb of Ibraheem, Ismail and Ishaaq, grant me peace and contentment, never grant anyone from Your creation, power over me with anything, such that I have no power for it (i.e. to defend myself or to avert it)." [Ibn Abi Shaibah, v 6, p 23]

This is a very beloved du`aa, especially for that person who always has the fear of some oppression being perpetrated upon him, by someone higher than him, for example, his manager, his superiors, or a wife by her husband, etc. This du`aa is also beneficial against different types of difficulties and fears, such as, the police, hospital, court, etc.

#### DU`AA # 7

أَصْبَحْنَا بِاللَّهِ الَّذِي لَيْسَ شَيْءٌ مِنْهُ مُمْتَنِعٌ وَ  
بِعِزَّةِ اللَّهِ الَّتِي لَا تُرَامُ وَلَا تُضَامُ وَبِسُلْطَانِ  
اللَّهِ الْمَنِيعِ نَحْتَاجُكَ وَبِأَسْمَاءِ الْحُسْنَى كُلِّهَا  
عَازِدًا بِاللَّهِ مِنَ الْآبَالِسَةِ وَمِنْ شَرِّ شَيَاطِينِ  
الْإِنْسِ وَالْجِنِّ وَمِنْ شَرِّ كُلِّ مُعَلِّينٍ أَوْ مُسِيرٍ وَ



مِنْ شَرِّ مَا يَكْمُنُ بِاللَّيْلِ وَيَخْرُجُ بِالنَّهَارِ أَوْ  
 يَكْمُنُ بِالنَّهَارِ وَيَخْرُجُ بِاللَّيْلِ وَمِنْ شَرِّ مَا  
 خَلَقَ وَذَرَأَ وَبَرَأَ، وَمِنْ شَرِّ إِبْلِيسَ وَجُنُودِهِ  
 وَمِنْ شَرِّ كُلِّ دَابَّةٍ أَنْتَ آخِذٌ بِنَاصِيَتِهَا .

"We have come to the morning with the Name of Allah, with which nothing is impossible, and with that Power of Allah, which is never separated from Him, nor is there any oppression. And from the Dominion of Allah, which prevents, we conceal ourselves. And with the Beautiful Names of Allah, all of them, we seek protection in Allah from evil people and from the villainy of the shayateen from amongst men and jinn. Also from the apparent and hidden evil of every person. And from every evil that conceals itself in the night, and that comes out during the day or remains hidden during the day and comes out at night. Also from the evil of that thing which was created from non-existence into existence. And from the evil of Iblees, his army and from all animals, over which You have control of their forelocks." [Al Wirdul Musaffa Al

Mukhtaar, p 66]



اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ عَلَيْكَ تَوَكَّلْتُ  
 وَأَنْتَ رَبُّ الْعَرْشِ الْعَظِيمِ مَا شَاءَ اللَّهُ كَانَ  
 وَمَا لَمْ يَشَأْ لَمْ يَكُنْ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ  
 الْعَلِيِّ الْعَظِيمِ أَعْلَمُ أَنَّ اللَّهَ عَلَى كُلِّ شَيْءٍ  
 قَدِيرٌ وَأَنَّ اللَّهَ قَدْ أَحَاطَ بِكُلِّ شَيْءٍ عِلْمًا،  
 اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ شَرِّ نَفْسِي وَمِنْ شَرِّ  
 كُلِّ دَابَّةٍ أَنْتَ آخِذٌ بِنَاصِيَتِهَا إِنَّ رَبِّي عَلَى  
 صِرَاطٍ مُسْتَقِيمٍ

Hadhrat Talq (radhiAllahu anhu) reports that a person came to Hadhrat Abu Darda (radhiAllahu anhu) and told him: "Your house has burnt down!" He replied: "It has not burnt down." A second person came to him and told him the same thing to which he gave the same reply. A third person also told him the same thing, only to hear the same reply. Then someone asked; "O Abu Darda! The flames of the fire were very huge, but when they came near to your house they



subsided and extinguished." He replied: "I knew that Allah Ta'ala will not let my house burn down, because I heard from Rasulullaah (sallAllahu alaihi wasallam) that the person who recites this Kalima (under-mentioned) in the morning, then no harm will befall him until the night (and I have recited it this morning, hence I am certain that no harm will befall me). This Kalima is as follows:

"O Allah! You are my Rabb. There is no deity except You. Upon You I have trust, and You are the Rabb of the Honourable Throne. Whatever Allah wishes will come to pass and whatever He does not wish will not. There is no power or might except with Allah, Most High, Most Exalted. I know that surely Allah has power over all things, and indeed the Knowledge of Allah encompasses everything. O Allah, I seek refuge in You from the evil of myself, and from the evil of every animal, that You hold by its forelock. Indeed my Rabb is on the straight Path."

DU'AA # 9

اللَّهُمَّ إِنَّا نَجْعَلُكَ فِي نُحُورِهِمْ وَنَعُوذُ بِكَ مِنْ



## شُرُورِهِمْ .

"O Allah, we place You in our front (when faced with an enemy) and seek Your protection against their tactics."

DU'AA # 10

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ الَّتِي لَا يَجَاوِرُهَا بَرٌّ  
وَلَا فَاجِرٌ مِّنْ شَرِّ مَا خَلَقَ وَذَرَأَ أَوْ بَرَأَ وَمِنْ شَرِّ  
مَا يَنْزِلُ مِنَ السَّمَاءِ وَمِنْ شَرِّ مَا يَخْرُجُ فِيهَا وَ  
مِنْ شَرِّ مَا ذَرَأَ فِي الْأَرْضِ وَمِنْ شَرِّ مَا يَخْرُجُ مِنْهَا  
وَمِنْ شَرِّ فِتَنِ اللَّيْلِ وَالنَّهَارِ وَمِنْ شَرِّ كُلِّ  
طَارِقٍ إِلَّا طَارِقًا يَطْرُقُ بِخَيْرٍ يَا رَحْمَنُ .

"I seek protection in the Honour of Allah Who is Beneficent, and in all the words of Allah, through which no good or evil person can go beyond, from every evil thing that He has created, from the evil of what descends from the sky, from the evil of what hovers therein, from the evil of what spreads on the earth, from the evil of what emerges therefrom, from



the evil of the mischief of the night and day and from the evil of every nocturnal visitor, except that one which brings goodness, O Most Merciful!" [Ahmad, Hadith number 14913]

This du`aa must be read by every person who fears another, and by one who fears an impending disaster. Children should also be made to learn this du`aa and it must be recited before leaving the house. This du`aa is very beneficial if read and blown upon small children and their milk, morning and evening. It is also effective against the evil eye. This du`aa must also be recited once daily after the Fajr and Asr Salaats.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

#### INTRODUCTION

All praise be to Allaah and peace and blessings be upon His Rasul.

The aayaat (verses) of the Quraan compiled hereunder are generally known as Manzil in our family. The elders in our family were particularly punctual in reciting this Manzil from amongst other duaas and practices for protection and cure. It was customary to make special arrangements for the children of the family to commit this Manzil to memory.

Undoubtedly the aayaat of the Quraan and those duaas that are mentioned in the Ahaadith are more effective and beneficial than the wearing of a Taweez. In the practice of these amaliyaat preference must



be given to the Quraan and Ahaadith. The Noble Chief of the Ambiya (A.S) Muhammad (S.A.W), has taught us duaas for every occasion of our Deeni (religious) and Dunyawī (worldly needs. In the experience of the Mashaaikh the reciting of certain aayaat and duaas for particular purposes has also been proven to be successful.

The reading of the Manzil has been confirmed to be extremely effective for protection against the evil influence of Jinn, Sihr (witchcraft, sorcery etc.), and other evils. These aayaat of the Quraan have also been mentioned with a slight variation in the number of aayaat, in the books AlQowlul Jameel and the Beheshti Zewir. Shah Waliullah Muhaddith Dehlawi (R.A.), writes in his book AlQowlul Jameel that there are these thirty three aayaat which ward off the effects of Sihr (witchcraft), and that they are a protection against the Shayaateen (devils), thieves and harmful wild beasts. In Beheshti Zewir Hadhrat Moulana Ashraf Ali Thanwi (R.A.), writes that if one suspects anyone to be afflicted by the evil effects of the Jinn then these aayaat should be written and made up as a Taweez, then hung on the victim's neck, so that the Taweez be in place of a pendant, near the heart. These aayaat should be read and infused into the water by blowing thereon and subsequently sprinkled onto the victim. If this effects in a house then this water may be sprinkled inside and outside the four corners of the house.

Whenever womenfolk of our household suggested the reading of these aayaat to a victim, they had to either indicate these verses in the respective book or write them down. Therefore it was felt that it would simplify this task if these aayaat were printed separately. It should be considered, and borne in mind that the effectiveness of the recital of these aayaat and duaas as a practice for specific purposes depends on the sincerity, undisturbed and earnest devotion of the reader. The effectiveness of the response to duaas is relative to the determination of one's conviction and the depth of one's sincerity with which duaas are made. Allaah's names and His true words hold great Barakaat.

Muhammad Tal ha Kandahlavi

23 Shabaan, 1399, Hijri.



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ○

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ① الرَّحْمَنِ الرَّحِيمِ ②  
مَلِكِ يَوْمِ الدِّينِ ③ إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ④  
اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ⑤ صِرَاطَ الَّذِينَ أَنْعَمْتَ  
عَلَيْهِمْ ⑥ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ⑦

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ○

الْأَمْرَ ⑧ ذَلِكَ الْكِتَابُ لَا رَيْبَ فِيهِ هُدًى لِلْمُتَّقِينَ ⑨  
الَّذِينَ يُؤْمِنُونَ بِالْغَيْبِ وَيُقِيمُونَ الصَّلَاةَ وَمِمَّا  
رَزَقْنَاهُمْ يُنْفِقُونَ ⑩ وَالَّذِينَ يُؤْمِنُونَ بِمَا أُنْزِلَ  
إِلَيْكَ وَمَا أُنْزِلَ مِنْ قَبْلِكَ ⑪ وَبِالْآخِرَةِ هُمْ يُوقِنُونَ ⑫  
أُولَئِكَ عَلَى هُدًى مِنْ رَبِّهِمْ وَأُولَئِكَ هُمُ  
الْمُفْلِحُونَ ○ وَالْهَيْكُمُ إِلَهُ وَاحِدٌ لَا إِلَهَ إِلَّا  
هُوَ الرَّحْمَنُ الرَّحِيمُ ○ اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ



الْقَيُّومُ لَا تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ لَهُ مَا  
 فِي السَّمَوَاتِ وَمَا فِي الْأَرْضِ مَنْ ذَا الَّذِي يَشْفَعُ  
 عِنْدَهُ إِلَّا بِإِذْنِهِ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا  
 خَلْفَهُمْ وَلَا يُحِيطُونَ بِشَيْءٍ مِّنْ عِلْمِهِ إِلَّا بِمَا شَاءَ  
 وَسِعَ كُرْسِيُّهُ السَّمَوَاتِ وَالْأَرْضَ وَلَا يَئُودُهُ حِفْظُهُمَا  
 وَهُوَ الْعَلِيُّ الْعَظِيمُ ۝ لَا آكْرَاهُ فِي الدِّينِ قَدُ  
 تَبَيَّنَ الرُّشْدُ مِنَ الْغَيِّ فَمَنْ يَكْفُرْ بِالطَّاغُوتِ  
 وَيُؤْمِنْ بِاللَّهِ فَقَدِ اسْتَمْسَكَ بِالْعُرْوَةِ الْوُثْقَى  
 لَا انْفِصَامَ لَهَا وَاللَّهُ سَمِيعٌ عَلِيمٌ ۝ اللَّهُ وَلِيُّ  
 الَّذِينَ آمَنُوا يُخْرِجُهُم مِّنَ الظُّلُمَاتِ إِلَى النُّورِ  
 وَالَّذِينَ كَفَرُوا أُولَئِيهِمُ الطَّاغُوتُ يُخْرِجُونَهُم  
 مِّنَ النُّورِ إِلَى الظُّلُمَاتِ أُولَئِكَ أَصْحَابُ النَّارِ  
 هُمْ فِيهَا خَالِدُونَ ۝ لِلَّهِ مَا فِي السَّمَوَاتِ وَمَا  
 فِي الْأَرْضِ وَإِنْ تُبَدُّوا مَا فِي أَنْفُسِكُمْ أَوْ



تُخَفُّوهُ يُحَاسِبُكُمْ بِهِ اللَّهُ فَيَغْفِرُ لِمَنْ يَشَاءُ  
وَيُعَذِّبُ مَنْ يَشَاءُ وَاللَّهُ عَلَى كُلِّ شَيْءٍ قَدِيرٌ  
أَمَّنَ الرَّسُولُ بِمَا أُنْزِلَ إِلَيْهِ مِنْ رَبِّهِ وَالْمُؤْمِنُونَ  
كُلٌّ أَمَّنَ بِاللَّهِ وَمَلَائِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ لَا  
نُفَرِّقُ بَيْنَ أَحَدٍ مِنْ رُسُلِهِ وَقَالُوا سَمِعْنَا وَأَطَعْنَا  
عُفْرَانَكَ رَبَّنَا وَإِلَيْكَ الْمَصِيرُ  
لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا لَهَا مَا كَسَبَتْ وَ  
عَلَيْهَا مَا اكْتَسَبَتْ رَبَّنَا لَا تُولِخْ ذُنَاكَ إِنَّ نَسِينَا  
أَوْ أَخْطَانَا رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إصْرًا كَمَا حَمَلْتَهُ  
عَلَى الَّذِينَ مِنْ قَبْلِنَا رَبَّنَا وَلَا تَحْمِلْنَا مَا لَا طَاقَةَ  
لَنَا بِهِ وَاعْفُ عَنَّا وَاعْفِرْ لَنَا وَارْحَمْنَا إِنَّكَ أَنْتَ  
مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ  
شَهِدَ اللَّهُ أَنَّهُ لَا إِلَهَ إِلَّا هُوَ وَالْمَلَائِكَةُ وَأُولُوا  
الْعِلْمِ قَابِمْ مَا بِالْقِسْطِ لَا إِلَهَ إِلَّا هُوَ الْعَزِيزُ



الْحَكِيمُ ۝ قُلِ اللَّهُمَّ مَلِكُ الْمُلْكِ  
 تُؤْتِي الْمُلْكَ مَنْ تَشَاءُ وَتَنْزِعُ الْمُلْكَ مِمَّنْ  
 تَشَاءُ وَتُعِزُّ مَنْ تَشَاءُ وَتُذِلُّ مَنْ تَشَاءُ ۖ بِيَدِكَ الْخَيْرُ  
 إِنَّكَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ ۝ تُولِجُ اللَّيْلَ فِي النَّهَارِ  
 وَتُولِجُ النَّهَارَ فِي اللَّيْلِ ۖ وَتُخْرِجُ الْحَيَّ مِنَ الْمَيِّتِ  
 وَتُخْرِجُ الْمَيِّتَ مِنَ الْحَيِّ ۖ وَتَرزُقُ مَنْ تَشَاءُ  
 بِغَيْرِ حِسَابٍ ۝ إِنَّ رَبَّكُمُ اللَّهُ الَّذِي خَلَقَ  
 السَّمَوَاتِ وَالْأَرْضَ فِي سِتَّةِ أَيَّامٍ ثُمَّ اسْتَوَى  
 عَلَى الْعَرْشِ ۖ يُغْشِي اللَّيْلَ النَّهَارَ يَطْلُبُهُ حَثِيثًا  
 وَالشَّمْسُ وَالْقَمَرُ وَالنُّجُومُ مُسَخَّرَاتٌ بِأَمْرِهِ ۖ إِلَّا  
 لَهُ الْخَلْقُ وَالْأَمْرُ ۚ تَبَارَكَ اللَّهُ رَبُّ الْعَالَمِينَ ۝  
 أَدْعُوا رَبَّكُمْ تَضَرُّعًا وَخُفْيَةً ۚ إِنَّهُ لَا يُحِبُّ الْمُعْتَدِينَ ۝  
 وَلَا تَفْسِدُوا فِي الْأَرْضِ بَعْدَ إِصْلَاحِهَا وَادْعُوهُ  
 خَوْفًا وَطَمَعًا ۚ إِنَّ رَحْمَةَ اللَّهِ قَرِيبٌ مِّنَ



الْمُحْسِنِينَ ۝ <sup>الاعراف ٥٦ ٥٧</sup> قُلِ ادْعُوا اللَّهَ أَدْعُوا الرَّحْمَنَ  
 أَيَّامًا تَدْعُوا فَلَهُ الْأَسْمَاءُ الْحُسْنَىٰ وَلَا تَجْهَرُوا  
 بِمِصْلَاتِكُمْ وَلَا تَخَافُوا بِهَا وَابْتَغِ بَيْنَ ذَلِكَ سَبِيلًا ۝  
 وَقُلِ الْحَمْدُ لِلَّهِ الَّذِي لَمْ يَتَّخِذْ وَلَدًا وَلَمْ  
 يَكُنْ لَهُ شَرِيكٌ فِي الْمُلْكِ وَلَمْ يَكُنْ لَهُ وَلِيٌّ  
 مِّنَ الذَّلِيلِ وَكَبِّرْهُ تَكْبِيرًا ۝ <sup>بنی اسرائیل ١١٠ ١١١</sup> أَفَحَسِبْتُمْ  
 أَنَّمَا خَلَقْنَاكُمْ عَبَثًا وَأَنَّكُمْ إِلَيْنَا لَا تُرْجَعُونَ ۝  
 فَتَعَلَىٰ اللَّهُ الْمَلِكُ الْحَقُّ لَا إِلَهَ إِلَّا هُوَ رَبُّ  
 الْعَرْشِ الْكَرِيمِ ۝ وَمَن يَدْعُ مَعَ اللَّهِ إِلَهًا آخَرَ  
 لَا بُرْهَانَ لَهُ بِهِ فَإِنَّمَا حِسَابُهُ عِندَ رَبِّهِ إِنَّهُ  
 لَا يُفْلِحُ الْكَافِرُونَ ۝ وَقُلْ رَبِّ اغْفِرْ وَارْحَمْ  
 وَأَنْتَ خَيْرُ الرَّحِيمِينَ ۝ <sup>المؤمنون آیت ١١٥ تا ١١٨</sup>  
 بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ۝  
 وَالصَّفَاتِ صَفًّا ۝ فَالزُّجَرَاتِ زَجْرًا ۝



فَالْتَلَيْتِ ذِكْرًا إِنَّ إِلَهَكُمْ لَوَاحِدٌ رَبُّ  
 السَّمَوَاتِ وَالْأَرْضِ وَمَا بَيْنَهُمَا وَرَبُّ الْمَشَارِقِ  
 إِنَّا زَيَّنَّا السَّمَاءَ الدُّنْيَا بِزِينَةٍ الْكَوَاكِبِ وَ  
 حِفْظًا مِّنْ كُلِّ شَيْطَانٍ مَّارِدٍ لَا يَسْمَعُونَ إِلَى  
 الْمَلَأِ الْأَعْلَى وَيُقَذَّفُونَ مِّنْ كُلِّ جَانِبٍ دُحُورًا  
 وَلَهُمْ عَذَابٌ وَاصِبٌ إِلَّا مَنِ خَطِئَ الْخَطْفَةَ  
 فَاتَّبَعَهُ شِهَابٌ ثَاقِبٌ فَاسْتَفْتِهِمْ أَهْمُ أَشَدُّ  
 خَلْقًا أَمْ مِّنْ خَلْقِنَا إِنَّا خَلَقْنَاهُمْ مِّنْ طِينٍ  
 لَّازِبٍ ۝ آيَةُ آتَانَا ۝ يَمْعُشَرُ الْجِنَّ وَالْإِنْسُ إِن  
 اسْتَطَعْتُمْ أَن تَنْفُذُوا مِّنْ أَقْطَارِ السَّمَوَاتِ  
 وَالْأَرْضِ فَانْفُذُوا لَا تَنْفُذُونَ إِلَّا بِسُلْطَانٍ ۝  
 فَبَايَ الْآءِ رَبِّكُمَا تَكْذِبِينَ ۝ يُرْسَلُ عَلَيْكُمَا شُوَاظٌ  
 مِّنْ نَّارٍ وَنُحَاسٌ فَلَا تَنْتَصِرِينَ ۝ فَبَايَ الْآءِ رَبِّكُمَا  
 تَكْذِبِينَ ۝ فَإِذَا انْشَقَّتِ السَّمَاءُ فَكَانَتْ وَرْدَةً



كَالِدِهَانِ ۝ فَبَايَ الْآءِ رَبِّكُمَا تُكَذِّبُنِ ۝  
 فَيَوْمَئِذٍ لَا يُسْأَلُ عَنْ ذَنْبِهِ إِنْسٌ وَلَا جَانٌ ۝  
 فَبَايَ الْآءِ رَبِّكُمَا تُكَذِّبُنِ ۝ <sup>الرَّحْمَنُ</sup> لَوْ أَنزَلْنَا هَذَا  
 الْقُرْآنَ عَلَى جَبَلٍ لَّرَأَيْنَاهُ خَاشِعًا مُّتَصَدِّعًا  
 مِّنْ خَشْيَةِ اللَّهِ ۖ وَتِلْكَ الْأَمْثَالُ لَضَرِبُهَا لِلنَّاسِ  
 لَعَلَّهُمْ يَتَفَكَّرُونَ ۝ هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ  
 عِلْمُ الْغَيْبِ وَالشَّهَادَةِ هُوَ الرَّحْمَنُ الرَّحِيمُ ۝  
 هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْمَلِكُ الْقُدُّوسُ  
 السَّلَامُ الْمُؤْمِنُ الْمُهِيمُ الْعَزِيزُ الْجَبَّارُ  
 الْمُتَكَبِّرُ سُبْحَانَ اللَّهِ عَمَّا يُشْرِكُونَ ۝ هُوَ  
 اللَّهُ الْخَالِقُ الْبَارِئُ الْمُصَوِّرُ لَهُ الْأَسْمَاءُ  
 الْحُسْنَىٰ يُسَبِّحُ لَهُ مَا فِي السَّمُوتِ وَالْأَرْضِ  
 وَهُوَ الْعَزِيزُ الْحَكِيمُ ۝ <sup>الحشر آيت ٢١ تا ٢٣</sup>  
 بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ۝ قُلْ أُوحِيَ إِلَيَّ



إِنَّهُ اسْتَمَعَ نَفَرٌ مِّنَ الْجِنِّ فَقَالُوا إِنَّا  
 سَمِعْنَا قُرْآنًا عَجَبًا ۖ يَهْدِي إِلَى الرُّشْدِ  
 فَآمَنَّا بِهِ وَلَمْ نُشْرِكْ بِرَبِّنَا أَحَدًا ۚ وَأَنَّهُ  
 تَعَالَىٰ جَدُّ رَبِّنَا مَا اتَّخَذَ صَاحِبَةً وَلَا وَلَدًا ۚ  
 وَأَنَّهُ كَانَ يَقُولُ سَفِيهُنَا عَلَى اللَّهِ شَطَطًا ۚ <sup>الْحَقُّ</sup>  
 بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ۝  
 قُلْ يَا أَيُّهَا الْكَافِرُونَ ۚ لَا أَعْبُدُ مَا تَعْبُدُونَ ۚ  
 وَلَا أَنْتُمْ عِبُدُونَ مَا أَعْبُدُ ۚ وَلَا أَنَا عَابِدُ  
 مَا أَعْبُدْتُمْ ۚ وَلَا أَنْتُمْ عِبِدُونَ مَا أَعْبُدُ ۚ  
 لَكُمْ دِينُكُمْ وَلِيَ دِينِ ۝  
 بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ۝  
 قُلْ هُوَ اللَّهُ أَحَدٌ ۚ اللَّهُ الصَّمَدُ ۚ لَمْ يَلِدْ  
 وَلَمْ يُولَدْ ۚ وَلَمْ يَكُن لَّهُ كُفُوًا أَحَدٌ ۚ  
 بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ۝ قُلْ أَعُوذُ بِرَبِّ



الْفَلَقُ ۝ مِنْ شَرِّ مَا خَلَقَ ۝ وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ ۝ وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ۝  
وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ ۝  
بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ۝  
قُلْ أَعُوذُ بِرَبِّ النَّاسِ ۝ مَلِكِ النَّاسِ ۝ إِلَهِ  
النَّاسِ ۝ مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ۝ الَّذِي  
يُوسُوسُ فِي صُدُورِ النَّاسِ ۝ مِنَ الْجِنَّةِ وَالنَّاسِ ۝